

Disaster Diet



U.S. DEPARTMENT OF COMMERCE
National Oceanic and Atmospheric Administration



Every year, natural disasters strike the United States—hurricanes, floods, earthquakes, winter storms; a destructive host. Although they vary greatly, these violent natural events share one common characteristic: they isolate. Survivors of great storms or floods or tremors find themselves temporary prisoners in their homes—without heat, refrigeration, communication, or transportation. Self-sufficiency is the key.

One way to achieve self-sufficiency is to have a Disaster Diet Kit in your home, stocked with quick-to-prepare foods requiring neither refrigeration nor cooking. Such a kit will see you through for several days, and your family will be well nourished.

Kits should be assembled from a variety of foods which are nonperishable—canned, dehydrated, or freeze-dried. Most of the food items listed here are available in your supermarket; sporting goods stores carry an even more complete line of freeze-dried and dehydrated foods. In assembling the kit, bear in mind that all canned foods can be stored for up to one year without danger of contamination, and freeze-dried and dehydrated items, if kept dry, indefinitely.

To plan nutritionally balanced meals from non-perishable food items, keep in mind the Basic Four Food Groups—suggested by the Council on Foods and Nutrition of the American Medical Association—which include daily:

Meat Group—2 or more servings for all ages—should give at least as much protein as 4 ounces cooked lean meat.

About equal amounts of protein come from: 1 ounce cooked lean meat, poultry, or fish or 2 tablespoons peanut butter (1 ounce) or ½ cup cooked dried beans or peas

Breads and Cereals Group—4 or more servings for all ages—should include enriched or whole grain breads, cereals, or pasta to equal 1 slice bread or ½

to ¾ cup cereal or pasta per serving
Vegetables and Fruits Group—4 or more servings for all ages—should include dark green or yellow vegetables, deep yellow fruits, citrus fruits or tomatoes to equal ½ cup per serving

Milk Group—2 or more glasses—adults
3 or more glasses—Children
4 or more glasses—Teenagers

SAMPLE MENUS

BREAKFAST
Vitamin C-enriched pineapple juice
Toasted oat cereal
Sliced corned beef
Milk

LUNCH
Sardines in tomato sauce
Enriched saltine crackers
Mixed vegetables
Lemon instant pudding
Milk

DINNER
Beef stew
Green string beans
Sliced peaches
Enriched banana cream cookies
Milk

SAMPLE MENUS

BREAKFAST
Tomato juice
Shredded wheat with milk
Sliced pork loaf
Milk

LUNCH
Macaroni and cheese with tuna
Okra with tomatoes
Strawberry instant pudding
Enriched vanilla cream cookies
Milk

DINNER
Chicken and dumplings
Poke salad greens
Raisin pie filling
Milk

SAMPLE MENUS

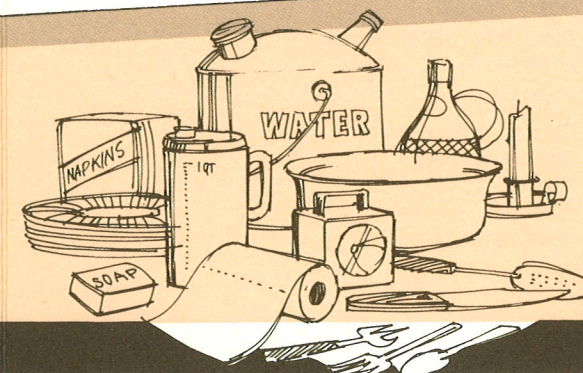
BREAKFAST
Canned prunes
Corn flakes with milk
Sliced ham loaf
Milk

LUNCH
Refried beans with taco shells
Turnip greens
Pineapple-cream pudding
Graham crackers
Milk

DINNER
Codfish cakes with tartar sauce
Green peas
Apricots
Enriched chocolate cookies
Milk

Your Disaster Kit should include some important non-food items as well: a manual (not electric) can opener, paper plates, napkins and towels, a one-quart container, large mixing spoon, sharp knife, plastic or wooden eating utensils, soap, dishcloths, flashlight, matches in a watertight container; and candles—all stored in a plastic dishpan.

In addition, stock at least ten gallons of drinking water for your family—enough to reconstitute at least 4 quarts of dry milk per day for at least a week—and for other drinking purposes.



SHOPPING LIST FOR THREE DAYS' MENUS

Most of the canned food items listed are available in the common one-pound-size can. Although many can labels consider a one-half-cup portion as one serving, homemakers can better judge the number of servings per can by their family's appetites.

Basic Shopping List

- 1 box of 12 one-quart whole dry milk envelopes or 10 one-quart nonfat dry milk envelopes
- 2 pound package of assorted cream-filled cookies
- 1 pound package of enriched saltine crackers
- 1 pound package of graham (whole wheat) crackers
- 3 boxes enriched dry cereals
- 6 1-pound cans vegetables
- 3 1-pound cans fruit
- 3 46-ounce cans fruit juice
- 9-12 cans main dish items
- 3 packages of instant pudding

Economy is the other major consideration in choosing foods for Disaster Diet Kits. The following food lists include available low-cost, nonperishable, and nutritional food items.

Nonperishable Canned Foods

Main Dish Items

- Beef chili with beans
- Chicken a la king
- Chicken and dumplings
- Chicken stew
- Codfish cakes
- Corned beef
- Ham loaf
- Macaroni and cheese
- Pork and beans
- Pork luncheon loaf
- Refried beans
- Sardines in tomato sauce
- Tuna

Vegetables

- Beans, all types
- Black-eyed peas
- Carrots
- Corn
- Green peas

- Hominy
- Mixed vegetables
- Mustard greens
- Okra with tomatoes
- Poke salad greens
- Sweet potatoes, yams
- Turnip greens
- Zucchini

Fruits and Juices

- Apricots
- Peaches
- Prunes
- Fruit Juices

Dehydrated Foods*

- Instant breakfasts
- Instant chocolate drink powder
- Instant puddings
- Nonfat dry milk powder
- Whole dry milk powder

Ready-to-eat-Foods

- Bottled hot sauce
- Bottled, sealed salad dressing
- Catsup
- Corn chips
- Cookies made from enriched flours
- Dry cereals
- Enriched saltine crackers
- Evaporated milk
- Graham (whole wheat) crackers
- Mustard
- Packaged taco shells
- Peanut butter
- Preserves
- Raisins
- Salt, pepper
- Sealed tartar sauce
- Spanish peanuts
- Sugar, honey
- Vinegar
- Whole wheat or enriched snack crackers
- Worcestershire sauce

*Requiring only the addition of water or some form of reconstituted milk

